

Among Friends



Fond du Lac Senior Center ...where friends meet!

JULY 2014

~ Proudly serving the seniors in the Fond du Lac community for almost 50 years! ~

Fire up with the FDL Fire Department and **cool down** with Culver's custard at the annual

Summer Social & Raffle

Wednesday, August 27

1:00—2:30 p.m. at Lakeside Park Pavilion

Raffle drawing at 2:00 p.m.

The Fond du Lac Fire Department will be on hand to help scoop custard and give you the opportunity to take a picture with one of their fire engines. **BRING THE GRANDKIDS!**



Cost: Free to attend,
but \$1 for Culver's custard.

Reservations for custard is
REQUIRED.

Register and pay at
the Senior Center by August 21.



Special thanks to Culver's for donating custard and to the FDL Fire Department for being at the event!

WELCOME TO THE FOND DU LAC SENIOR CENTER



JULY

2014

A Free Monthly Publication
Vol. 5 • No. 7

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City of Fond du Lac

Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email dwinkelman@fdl.wi.gov

Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Visit us online at www.fdlseiorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



CLOSED FOR THE HOLIDAY

The Senior Center will be closed on FRIDAY, July 4, in observance of the Independence Day holiday.



SUMMER REMINDER . . .

Bring a sweater or light jacket with you or buy one at the Craft Shoppe!



We try to keep the room temperatures comfortable, but as hard as we try we cannot please everyone – especially when some people come in long sleeves and pants and others come wearing shorts with a sleeveless top and sandals. Please remember to **dress for air conditioning**, not the weather outside. **Dress in layers.**

Who will be the BIG winner in this year's Annual Raffle?

Enter to
WIN

IT COULD BE YOU!

Have you turned in your tickets from the June newsletter?

OVER \$3000
in CASH and PRIZES
to be awarded!

YOUR SUPPORT WILL MAKE THIS A SUCCESS!

See page 11 for a listing of raffle prizes.

DRAWING: Thursday, August 27, 2014, at 2 p.m. at the SUMMER SOCIAL held at the Lakeside Park Pavilion (see the cover of this newsletter for details).

GROUP DISCUSSIONS

GROUP DISCUSSIONS WITH CATHERINE

Catherine Jones, a licensed professional counselor with Lutheran Social Services, will be facilitating group discussions at the Senior Center on Mondays in July and August from 10:00-11:00 a.m.

Scheduled Session Topics:

July 7—Downsizing your Treasures: How to decide what to keep and what give away

July 14—Me Time: The importance of taking time for yourself

July 21—Setting Boundaries: Caring for your grandchildren and great-grandchildren

July 28—Effective Communication: How to talk to people you care about including

arguments with spouses and adult children with marriage problems

August 4—Too Much Free Time; Explore new interests

August 11—Addictive Eating: Are you eating because you're bored, tired or lonely?



For information or to register for these group discussions, call 322-3630.

Newsletter Crew

Editor.....Dottie Winkelmann
Coordinator.....Joan Brezinsky
Contributors.....Jean Holzman
Mail Coordinator.....Vivian Gorden
Labels.....Darlene Lyness
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline to submit something for the August *Among Friends* newsletter is Monday, July 8. Please submit information to Joan Brezinsky.

Up-to-Date Information

Tune in to KFIZ-AM 1450
Monday mornings from
9:10-9:25 a.m. for the
Senior Center update.



Dottie Winkelmann, Senior Center Director, is guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

INTERGENERATIONAL PROGRAMS

BELL BINGO

Thursday, July 24

2:00—3:00 p.m.



Area **seniors & children** of all ages are welcome to participate in a fun bingo using **BELLS** to signal that you have a “Bingo!” The bells are from the bell collection of Senior Center Director Dottie Winkelmann’s mother. If you have a special bell, bring that along to ring.

Please register by calling the Senior Center at 322-3630. This is a free event. Pre-registration is needed to plan refreshments and seating.

COMPUTER CHIPS

A Computer Club for Kids in grades 3-5

August 4, 11, 18, 25

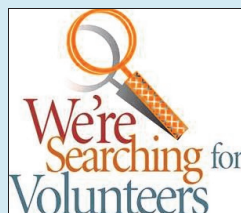
4:00 p.m.

This club will give students in grades 3-5 the opportunity to learn about internet safety, movie making, and the latest tools and trends in technology. Students should bring their iPads and may be asked to download apps prior to each meeting.



Call 322-3360 to sign up. Space is limited to 8 students.

Adults interested in similar classes, please leave your name and phone number with the receptionist and another class will be set up for seniors.



VOLUNTEER OPPORTUNITIES

We are looking for **youth and adult volunteers** to lead/assist with a variety of programs including:

- Intergenerational bingo, games, and movies
- Food related activities
- Gardening program
- New Boomer Group for those ages 50-68
- Entertainment

This is just a sampling of programs that will need volunteer involvement. If you have any other new ideas, please stop by and share them with Cathy.

Storytime

JULY 11th & AUGUST 11th

Bring your grandchildren, nieces, nephews, neighbors, or friends for a **FREE** hour of fun! Jen Winkelmann will read stories and lead the children in a craft or other activity. A snack related to the theme of the day will be served. There is no charge for Storytime, but donations would be happily accepted. This is sponsored by the Friends of the Fond du Lac Senior Center.



June's Zoomania storytime group display the zoo they created.

Call 322-3630 to register for one or both dates.

If you would be willing to help with the crafts, please contact Cathy Halfmann, Program Coordinator, at 322-3633.

MUSTACHE BASH

Friday, July 11

2—3:00 p.m.

Who would have thought that a mustache could be so much fun! Wear a ‘stash if you dare—or we’ll have some to share. Fun activities, stories & treat.

HAPPY CAMPERS

Monday, August 11

2—3:00 p.m.

We will sit around the campfire and listen to camping stories. Today will feature an awesome treat and a fun door prize.



Intergenerational Movie
“FROZEN” (102 minutes)

Friday, August 22
2:00-3:45 p.m.

Fearless optimist Anna teams up with Kristoff in an epic journey, encountering Everest-like conditions, and a hilarious snowman named Olaf in a race to find Anna’s sister Elsa, whose icy powers have trapped the kingdom in eternal winter.

“Frozen” treats will be served to beat the heat!

LEARNING & SUMMER FUN

CarFit offered at Senior Center

July 17, August 13, September 24 9-11 a.m.



Personal mobility is critical to safe driving. As we age, changes in our vision, flexibility, strength, range of motion, and even height, may require vehicle modifications to help us feel more confident and comfortable behind the wheel. The CarFit Program could help.

CarFit, a safety service for seniors, will be offered at the Fond du Lac Senior Center this summer one time each month.

This is a national program designed to give a quick comprehensive check on how well an older driver and their vehicle work together. Trained volunteers will review a CarFit check list for a better “fit” for the driver, which will provide the driver with greater comfort and better vehicle control.

A 15 minute appointment is needed and can be made by calling 322-3630. Seniors will drive their car to the Senior Center, 151 E. 1st Street, to the back parking lot on Gillett Street. The driver remains in their car while the volunteers take the driver through an observation and questionnaire session. **Participants will receive a coupon for a free A&W root beer float!**

DRIVER SAFETY CLASS

Tuesday, July 15

8:30 a.m.–12:30 p.m.

This one-day senior driver refresher course consists of all in-class learning with no tests and no driving. The cost is \$15 for AARP members (bring your card); \$20 for non-members. **Pre-registration required by calling 322-3630 by Thursday, July 10.**

Why Take a Driver Safety Class?

The AARP Driver Safety Program has helped millions of drivers remain safe on today's roads. The program is a refresher that can help you learn the effects of aging on driving and how you can adjust your driving. It is designed to help you:

- Tune up your driving skills; Update your rules of the road knowledge
- Learn about normal age-related physical changes and how to adjust your driving to allow for these changes
- Reduce your traffic violations, crashes, and chances for injuries
- Get an auto insurance discount. Many insurance companies provide a multiyear discount to AARP graduates! Check with your provider.

Truck needed one morning per month

The Senior Center biking group would like a volunteer with a truck to help transport bikes to the starting point of their monthly bike ride. The volunteer would pick up the riders and bike at their home or a specific pick-up point and take them to their meeting place for that month's ride.

Please call the Senior Center if you have a truck and would be willing to help. Rides are usually on the 1st or 2nd Wednesday morning of the month May through October.

LAKE WINNEBAGO BOAT RIDE

Wednesday, July 23

1:00 p.m. sharp!



Karin Whealon of the FDL Yacht Club has offered to organize boats for a relaxing boat ride. **We will meet at the Yacht Club** (on the harbor in Lakeside Park) **at 1:00 p.m.** and the boats will be back to dock by 2:30 p.m. The Yacht Club has invited participants to stay for a “make-your-own” banana split treat after the ride.

\$10.00 per person will be collected at the Yacht Club and used toward gas for the boats and a donation to the Senior Center. In order to participate, you must be physically stable enough to enter and exit from the boat with very little assistance. It is important to **be on time** as the boats will be boarding promptly at 1:00 p.m.

Register by calling the Senior Center **by Wednesday, July 16,**

If the weather is questionable on ride day, call the Senior Center at 322-3630 after 11 a.m. By that time a decision will be made as to whether the boat ride will take place. There is no rain date for the event.

WHEN I'M 65

Thursday—July 24

10:00 a.m.

Julie Hilbert, Benefit Specialist
FDL County Department of Senior Services



Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. **This program is not just for those turning 65—but for anyone who has benefit concerns or questions.** Call the Senior Center at 322-3630 to register.

HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

UPCOMING DAY TRIPS

All day trips include driver's tip.

REMINDER: Motorcoach pick up point has been moved back to **St. Vincent de Paul** parking lot on Peters Avenue.

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.

WISCONSIN STATE FAIR

Milwaukee

Wednesday—August 6 \$38

Leaving: 9:00 a.m. Home: 7:00 p.m.

Includes entrance to Wisconsin State Park

Wisconsin's State Fair is the state's largest agricultural showcase. In addition to the animals, there are exciting rides, games, numerous free music stages, educational exhibits, plenty of shopping and hundreds of food and beverage options.



Wade House & Wreath Factory

Greenbush

Tuesday—August 12

\$60

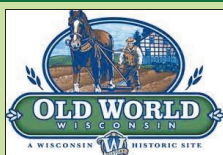
Leave: 8:30 a.m. Home: 4:45 p.m.

Lunch at the Osthoff Resort

Join us for a day of history and beauty.

At the Wade House, return to the time of stagecoach travel and see a community where Yankee refinement met the Wisconsin wilderness. Tour the Stagecoach Hotel, see sparks fly at the Dockstander Blacksmith Shop, watch the water-powered Herring Sawmill, tour the Wesley W. Jung Carriage Museum, and more.

We will also visit the Wreath Factory in Plymouth. What started out as a place to make Christmas has become a beautiful garden center also featuring unique home décor and gift items.



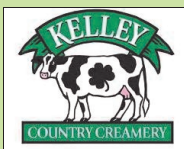
Old World Wisconsin

Eagle

- and -

Kelly's Creamery

Fond du Lac



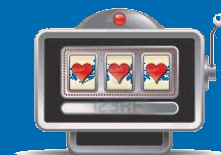
Thursday—September 4 \$65

Leaving: 8:30 a.m. Home: 5:30 p.m.

Who knew history could be so fun! Old World Wisconsin is an interactive experience where the settlement of the Midwest comes to life. Discover 10 immigrant farmsteads and a crossroads village showcasing early Wisconsin traditions. **Lunch is included.**

CASINO TRIPS

Come play with us!



Ho Chunk Casino in the Dells

THURSDAY, JULY 10 — NO MEAL

COST \$29

At the request of some of our travelers, we are trying to offer a Casino trip without a meal.

North Star Casino

Wednesday — August 27

COST: \$54

Leave: 8:30 a.m. Home: 6:45 p.m.

Dinner at Schwarz's

Overnight at the Island Resort & Casino

TUESDAY, OCTOBER 14 — WEDNESDAY, OCTOBER 15

Leave: 8:00 a.m. Tuesday

Home: 7:00 p.m. Wednesday

COST: \$109

Pick up brochure in HT Office

The Marriott Theatre

Lincolnshire, IL

Wednesday—October 8 \$69

Leaving: 9:00 a.m. Home: 7:00 p.m.



It's 1944 and three American sailors hit the Big Apple in search of love, fun, and the beautiful "Miss Turnstiles!" This hysterical musical comedy features an unforgettable score by Leonard Bernstein, and a hilarious book by Comden and Green. In this whirlwind adventure, sailors Gabey, Ozzie and Chip only have 24 hours to see the famous sights and find romance before they report back to the ship.

Senior Summer Games

Wednesday – July 16, 2014

9:00 a.m. – 1:30 p.m.

Taylor Park (Rain date: Thursday, July 17)



A picnic lunch will be offered by the Friends of Taylor Park for **\$7.50** and includes a **brat or burger, potato salad, baked beans, chips, dessert, and beverage**. Pre-register and pay the \$7.50 lunch at the Fond du Lac Senior Center, 151 E. 1st St., by Monday, July 7. **NOTE: The lunch is a fundraiser to support Taylor Park.**

Although the games are free for participation, pre-registration for the \$7.50 lunch is required. To help with planning, **pre-register by Monday, July 7**, so that schedules can be arranged and games finalized. Which games would you like to participate in? We'll show you how the games are played. No experience is needed. We'll have prizes for some games and \$25 gift card door prize random drawing for all who attend.

- | | |
|------------------------|---|
| 9:00 a.m. | Check in, get water & healthy snack |
| 9:15 a.m. | Welcome |
| 9:30 a.m. | Poker Walk with Klement Racing Sausages! – walk around park at your own pace |
| 10–11:00 a.m. | Summer Games – see list below & pre-register by July 7 |
| | KFIZ broadcasting LIVE! during games – listen to KFIZ 1450AM radio |
| | Club Olympia demos of fitness opportunities – free and open to the public |
| | Army Reserves – along with two of their special vehicles |
| 10:30 – 11 a.m. | Low Impact Water Aerobics Class – bring your swimming suit for this optional free class |
| 11:00 a.m. | The Singing Class – singing students from the FDL Senior Center & Appleton Thompson Center |
| 11:30 – Noon | Banana Bingo – try your luck and take your picture with our giant monkey |
| Noon–1:00 p.m. | Picnic Lunch – sponsored by Friends of Taylor Park (must pre-register by July 7) |
| | Musical Entertainment by The Rascals – Senior Center Band |
| 1:00–1:30 p.m. | Awards & Door Prize Drawing – \$25 gift card |

Please bring your own lawn chair. There are a limited number of picnic tables.

Please mail to the Fond du Lac Senior Center or drop off at 151 E. 1st Street by Monday, July 7.

NAME _____

ADDRESS _____ **PHONE** _____

☐ **YES**, I will have the picnic lunch: CHOOSE ONE: ☐ Brat **OR** ☐ Burger

\$7.50 Payment ☐ Check # _____ **OR** ☐ Cash Date _____

☐ **NO THANKS**, I do not want the lunch.

PLEASE REGISTER ME FOR:

Don't forget to bring your lawn chair!

- | | | |
|---|--|--|
| <input type="checkbox"/> Ladder Ball | <input type="checkbox"/> Bean Bag Toss | <input type="checkbox"/> Simple Board Games & Cards |
| <input type="checkbox"/> Horseshoes | <input type="checkbox"/> Poker Walk | <input type="checkbox"/> Yolf (<i>we'll teach you; it's simple!</i>) |
| <input type="checkbox"/> Bingo 11:30 a.m.—Noon | | |
| <input type="checkbox"/> Low Impact Water Aerobics Class held at the pool from 10:30 – 11:00 a.m. | | |





The Senior Wellness Coalition
invites you to "Senior Housing Options,"
a series of informational programs
at the Fond du Lac Senior Center.

"Assisted Living Options"

Friday, July 11, 2014 9:00 – 10:30 a.m.

Fond du Lac Senior Center

151 E. 1st Street

322-3630

**Register to win
a \$25 gift card
in a door prize
drawing at 10:30**

BOOTHS TO VISIT:

- ♦ Lutheran Homes & Health Services—
 - St. Peter's Place
 - Tarfa Terrace Assisted Living
- ♦ Lake View Place
- ♦ Lincoln House
- ♦ Artisan—Memory Care
- ♦ Artisan Suites
- ♦ Kindred Hearts
- ♦ Liberty House
- ♦ Sterling House
- ♦ Woodlands Senior Living
- ♦ Frontida—
 - Liberty House
 - Adelaide Place
- ♦ Lincoln House

8:30—10:00 a.m. Free Hearing Screening by Avada (appointments available)

9:00—10:00 a.m. Free Blood Sugar (fast required) and Blood Pressure Screenings

9:00—10:00 a.m.

- Receive hand-outs
- Speak with representatives from many facilities
- Register for door prizes (drawing at 10:00 before Sandy speaks)

10:00—10:30 a.m. Brief overview on Assisted Living Options by Sandy Tryon of ADRC (Aging and Disability Resource Center). Participants will learn about the variety of assisted living options available, current costs, financial assistance available, and other matters to consider.

*Pre-registration is needed in planning for hand-outs,
refreshments (provided by Lincoln House) and seating.*

Call 322-3630 to register.

The final **SENIOR HOUSING OPTIONS** seminar, "**Nursing Home Options**", will be held **August 8**
at the Fond du Lac Senior Center:

Senior Wellness Coalition Mission:

Joining forces to maximize resources for Fond du Lac area seniors



Wii Bowling

Come join the fun!
New participants and subs needed.

New to Wii bowling? Come learn how to play!
Thursday, August 14, 10-11 a.m.

NEED SOMEONE TO TALK TO? **Maybe Catherine Can Help!**

Catherine Jones is a licensed professional counselor, employed with Lutheran Social Services (LSS) of Wisconsin and Upper Michigan, Inc. While at the Senior Center, Catherine anticipates counseling may focus on the physical and psychological aspects of aging, loneliness, social issues and life review.

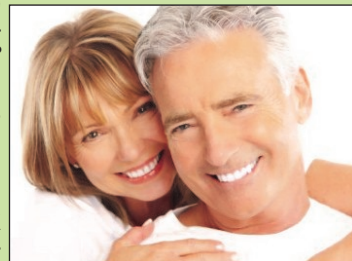


COUNSELING SERVICES AVAILABLE MONDAYS 8:30-4:30 by appointment. Fees determined by a sliding fee scale based on income—which may even be “no charge.” Call **920-924-5222** to talk to Catherine Jones, MA, SAC.

Retirement Ahead! **Baby Boomers Retirement Planning Series**

Retirement is a time to relax and enjoy life doing the things you love with family and friends. As you approach retirement, planning is crucial.

Join us for a four week series highlighting everything you need to know about preparing for retirement.



September 2, 9, 16 and 23 at 6:00 p.m.

Please tell your friends and children who are nearing retirement about this informative series!

Watch for details in the August newsletter.

WE'VE GOT CLASS! REGISTER NOW!



MORAINÉ
PARK
TECHNICAL COLLEGE

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!



MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS / WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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COMPUTER BASICS 1

***Each student is required to bring a jump drive to class**

103-603-10222	T, W, R	July 15, 16, 17	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55
103-483-21196	R, T, R	Aug 28, Sept 2, 4	3 days	9:00 a.m.—Noon	9 hours	J. Brueggemann	\$4.00	\$34.55

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

COMPUTER BASICS 2

***Each student is required to bring a jump drive to**

103-485-10224	T, W, R	July 22, 23, 24	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55
103-485-21197	T, R, T	Sept 9, 11, 16	3 days	9:00 a.m.—Noon	9 hours	J. Brueggemann	\$4.00	\$34.55

Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized.

COMPUTER BASICS 3

***Each student is required to bring a jump drive to**

103-490-10247	T, W, R	July 29, 30, 31	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55
103-490-21198	R, T, R	Sept 18, 23, 25	3 days	9:00 a.m.—Noon	9 hours	J. Brueggemann	\$4.00	\$34.55

Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2.

COMPUTER BASICS 4

***Each student is required to bring a jump drive to class**

103-491-20314	T, W, R	Aug 5, 6, 7	3 days	9:00 a.m.—Noon	9 hours	S. Heimermann	\$4.00	\$34.55
103-491-21387	T, R, T	Sept 30, Oct 2, 7	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3.

USING CRAIGSLIST

103-603-21252	Wednesday	September 24	1 time	Noon—4:00 p.m.	4 hours	Karen Beaman	\$19.15	\$24.20
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OVER
\$3000
in CASH &
PRIZES will be
awarded

RAFFLE PRIZES

Annual fundraiser sponsored by
the Friends of the Fond du Lac Senior Center

2014 RAFFLE TICKETS
WERE INCLUDED IN YOUR JUNE NEWSLETTER

TOP PRIZE \$500 Cash donated by *J.F. Ahern Co.*

- Sterling & Diamond Heart Pendant Necklace—value \$448 *The Goldsmith*
- Park Bench – value \$447 *BCI Burke*
- \$400 Cash *Zacherl Funeral Home*
- \$150 Gift Certificate *Busy Acres Nursery*
- 4 Rounds of Golf – value up to \$148 *Whispering Springs Golf Club*
- Night Stay – value up to \$130 *Holiday Inn*
- Brewers Tickets – value \$112 *KFIZ*
- \$100 Kwik Trip Gas Card *Fox Valley Savings*
- \$100 Gift Basket *Lake View Place*
- \$100 Cash *Michels Corporation*
- \$100 Cash *Niagara Investments / Joe Ziegler*
- \$100 Cash *Uecker-Witt Funeral Home*
- Gift Package - value \$75 *Gallery & Frame Shop*
- \$75 Gift Certificate *C.W. Smith Jewelers*
- Handmade Noah's Ark with animals *Waupun Correctional Institute*
- 4 Rounds of Golf - value \$72 *Oakgreen*
- \$50 Gift Certificate *Krail Jewelers*
- \$50 VISA Gift Card *National Exchange Bank*
- \$50 Cash *Calvary Cemetery*
- 6 Movie Passes *Sheriff's Dept.*
- Aaron Rodgers Photo Plaque *Fond du Lac Glass & Framing*
- Spa Package *Techniques Salon & Spa*
- Gift Basket *American Bank*
- \$25 Gift Certificate *Gilmore's Liquor*
- \$25 Gift Certificate *Wood Sampler*
- One Month Membership - Wellness Center *Lutheran Homes & Health Services*
- \$25 Gift Card *Trinity Restaurant* (2 prizes)
- \$25 Gift Card *Commonwealth Coffee Co. and Deli* (2 prizes)
- \$20 Gift Card *Gino's Italian Restaurant* (2 prizes)
- \$20 Gift Card *Techniques Salon at Moraine Park* (2 prizes)



Numerous prize packages featuring gift certificates and prizes from area restaurants & businesses:

Cool River Sports Grill; Domino's Pizza; Haentze Floral & Gifts; Jet Stream Car Wash; Living Light Studio; Pick 'n Save; Pump & Pantry; Schmitty's Oar House; Taycheedah Correctional Institute and more coming in every week!

Special thanks to ***Mach Funeral Chapel & Crematory*** and ***Grande Cheese***

MOVIE and FARMERS MARKET

“Philomena”

Thursday, July 24, 2014

11:45 a.m. Lunch *(optional)*

JULY 24 MENU: Chopped steak in burg/mush sauce, mashed potatoes, tossed salad, watermelon slice, cookie, dinner roll and milk

12:30 p.m. Movie: “Philomena”

Starring: Judi Dench, Steve Coogan, Sophie Kennedy Clark

A world-weary political journalist picks up the story of a woman’s search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent. .

2013 movie; Drama/War; 2 hours 11 minutes; Rated PG-13

Register for each activity separately. Call 929-3937 before 1 p.m. July 23 for lunch. Call 322-3630 for the movie. Movie is free and open to the public. Free popcorn and refreshments.

Senior Center Farmers Market Tour

Wednesday, July 23 at Noon

Main Street Plaza

(Main St. & Sheboygan St.)

Meet at the market managers booth

Come see what the Fond du Lac Farmers Market has to offer. 15 vendors sell Wisconsin-grown produce, plants, flowers, and hand-made items. Learn about how to use your debit/credit card or Foodshare and meet your local farmers!



Call the Senior Center at 322-3630 to register.
Space is limited!

The first 20 people to register will receive a tote bag and \$5 coupon for the market!

RECREATION

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION – and is not required for participation.

ART CLASSES

Tuesday AM & PM See page 17

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday (odd months): Rienzi Cemetery
1st Tuesday (even months): Hospice Advantage
2nd Tuesday (even months): Comfort Keepers
2nd Tuesday (odd months): FDL Lutheran Home
3rd Tuesday (odd months): ResCare HomeCare
3rd Tuesday (even months): Lake View Place
4th Tuesday (odd months): Shepherd Law Office
4th Tuesday (even months): Riverside Sr. Apts.
5th Tuesday: Right at Home

BOOK CLUB

3rd Monday at 9:30 a.m.

July 21 Love Anthony by Lisa Genova

August No Meeting

Sept. 15 Ready Player One by Ernest Cline
(Fond du Lac Reads selection)

Book synopses available at front desk.
New members welcome.

BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

For information or to play, call Arlene Love at 922-5668.

Thursdays at 12:45 p.m.

CANASTA

1st & 3rd Wednesdays at 1:00 p.m.

CHORUS

Red Hat Honeys & Singing Classes

COIN CLUB

2nd Tuesday at 6:30 p.m.

DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

Call Gerry Krebsbach 921-9509 for info.

FLY TYING CLUB

2nd Thursday of month at 1:00 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

LINETTES (EZ Line Dancing)

Call for info 322-3630

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL Open Pool daily

Leagues

Meeting Aug. 29 at 10:00 for team set up

8-Ball Tuesdays 8:30 a.m.–12:30 p.m.

9-Ball Wednesdays 8:30 a.m.–12:30 p.m.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m. (no July Meeting)

Call Nancy at 923-4494 for information.

Sunset Stitches Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include a Chorus, Good Deed Gals, Umbrella Brigade, Scrapbookers, and more. The cost is \$5 annual dues and a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

*All men are welcome to join the
"Retired Old Men Eating Out" for lunch...
You don't have to be retired (or old) to
join in on the camaraderie and fun!*

Thursday, July 3

Sunset on the Water

Call the Center to pre-register!

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

STAMP CLUB

3rd Wednesday at 7:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Center if attending.

Friday, July 18

Knights of Columbus Hall

Social: 5:00 p.m.; Dinner: 5:30 p.m.

WACKY RACES

Will resume in the fall

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Will resume meetings mid-September

The Memories Writers meets to share and preserve life experiences and family history.

New members welcome!

HEALTH & WELLNESS

TAI CHI A new 8-week session will start on July 8 and end on August 26. Classes meet **Tuesday mornings from 9—10 a.m.** The cost is \$45 for eight weeks. Participants should wear loose comfortable clothing and tennis shoes. Friends membership is required. For more information, please call 322-3630.



EXERCISE CLASSES LOW IMPACT CHAIR EXERCISE

With Jaime Roth

Mondays 9:00 – 9:30 a.m.

Sponsored by All About Life Rehabilitation Center

CHAIR EXERCISE VIDEO

Men & Women Welcome!

Wednesdays 9:45 – 10:15 a.m.

Sponsored by Lutheran Homes and Health Services

July Bike Ride

Join us **Wednesday, July 9 at 10 a.m. at the Rolling Meadows rest stop.** If you drive there, parking is available. The meeting spot is about 1/4 mile south of Rolling Meadows Golf Course on Rolling Meadows Drive. We will ride along the **Wild Goose Trail** to Oakfield. The trip is about 10—15 miles. The trail is not paved. Please call 322-3630 to register. 50¢ donation. Cancellations on ride day, call Caroline Dilling at 922-3561 by 9 a.m. Rain date: July 16.



Walking class meets every Monday afternoon (Room 3) and Thursday afternoon (Activity Room) at 3:45 p.m.

For comfort, wear walking shoes. 50¢ Donation. This is a great video class and a good way to avoid the heat.

OTHER EXERCISE

Hikers Tuesday & Thursday mornings

Line Dancing....Thursdays 6—7:30 p.m.; \$10/ 4 weeks

Beginning Line Dance..... Thursdays 9—10:30a.m.

Beginning Dance..... Mondays; 7 p.m. \$5/session

Water Exercise Daily 8 a.m. at the Aquatic Center \$3.75 per session

Zumba Gold.....Monday evenings 5:30 to 6:30 p.m. at the American Legion; Call 920-606-9078 for information.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Generations Home Care & Hospice

Friday, July 11; 9—10:00 a.m. *2nd Friday of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, July 11; 9—10:00 a.m. *2nd Friday of the month*

No appointment needed; Donations accepted. *12-hour fast required.*

CHOLESTEROL SCREENING

Sponsored by Consultants Lab – of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, November 11; from 8:30— 11 a.m.

2nd Tuesday in May, November

Cost: \$20; Call 322-3630 for appointment. *12-hour fast required*

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

Thursday, July 10, 17, 31

Cost: \$20; Call 322-3630 for appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, July 11; from 8:30—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment; Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, July 22; 10 a.m.—4 p.m.

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; Call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, November 11 from 8:30 — 11 a.m.

2nd Tuesday in May, November

Cost: \$40; Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, July 24; 6:30—8:00 p.m. *(4th Thursday of the month)*

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUPS

Tuesday, July 15; 4:00—5:00 p.m. *(3rd Tuesday of the month)*

Aurora Health Care Center, 210 American Drive ~ American Room

Watch August Newsletter for next meeting.

St. Agnes Hospital, 430 E. Division Street ~ 5th Floor Meeting Room

GLUTEN FREE SUPPORT GROUP

Picnic—Tuesday, July 15, 5 —7 p.m.

Fond du Lac County Fairgrounds Park Shelter; Call 322-3636

PARKINSON'S SUPPORT GROUP

Monday, July 14; 10:00—11:00 a.m. *(2nd Monday of the month)*

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER

Tuesday, July 8; 8:30 a.m. *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS

PERSONAL SAFETY Officer Steve Olson Thursday, July 10 10—11 a.m.

As you hear of scams, burglaries and other crimes, do you ask yourself, "What can I do to prevent becoming a victim?" Join us as Officer Olson, of the Fond du Lac Police Department, talks about street smarts, scams and fraud prevention, home and apartment safety, and crime prevention tips. This informative session could give you peace of mind as you make become aware of actions you can take to increase personal safety. To register to attend this informative program, please call 322-3630.



LOOK GOOD...FEEL BETTER Wednesday, July 9 10 a.m. — Noon

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created **for women of any age** undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, please tell her about this beneficial program. **Advance registration is required.** Please call the American Cancer Society toll free at 1-800-227-2345.



ASSISTED LIVING OPTIONS

Friday, July 11
9—10:30 a.m.

HEALTH SCREENINGS: 9—10 a.m.

Blood Pressure

Blood Sugar (fast required)

Hearing Screening (8:30 to 10 a.m.)

SPEAKER: 10—10:30m.

Sandy Tryon, Director of Aging & Disability Resource Center Sandy will discuss what services assisted living facilities provide, how they differ from nursing homes, what to look for when visiting assisted living facilities and what assistance is available for payment. **Vendor Drawings at 10 a.m.; \$25 gift card drawing at 10:30 a.m.** Please call 322-3630 to register.



Mark Your Calendar! Senior Summer Games Wednesday, July 16

Deadline to register and pay for food is **Monday, July 7.** No charge for games but registration is required.

Nursing Home Options

Friday, August 8 9—10:30 a.m.

Senior Wellness Morning

Friday, September 12 9—11 a.m.

Booths, health screenings 9—10; **Jeopardy** 10—11 a.m.

Life Line Screening

Thursday, September 25

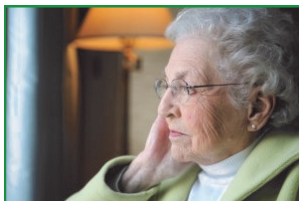
SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will visit **Lincoln House, 342 Forest Avenue, on Tuesday, July 22, from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. A small gift is furnished for the person visited. **Volunteers can be any age.** New volunteers are welcome. If you would like to participate or have questions, call 322-



SENIOR OUTREACH PROGRAM

Volunteers will meet on **Thursday, July 10, 9 — 11 a.m.** **Note Date Change!** At 9 a.m. we will meet to submit reports, share concerns, and encourage each other. At 10 a.m. our speaker will be **Police Officer Steve Olson.** His topic, **personal safety,** will cover a wide range of information that should be useful to you personally and for your clients.

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt.—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.
Craft Intake held Tuesdays from 9:30 a.m.—NOON
Crafters welcome to inquire about consignment opportunities
- FDL County Department of Senior Services Dining Program
Meals served at Senior Center Monday—Thursday at 11:45 a.m.
Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend.
Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Service Benefit Specialist
Julie Hilbert can be reached at 929-3521.

Soup Drive—We Need Your Help!

The Senior Center has collected over 3,000 cans of soup to date. Your donations help the Salvation Army Food Pantry feed almost 400 families each month. When you visit the Senior Center, please consider dropping off a can of soup in the large soup pots at the Senior Center entrances. Thank you!



LET'S DO LUNCH!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Thursday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. **Menus are available at the front desk or our website: fdlseniorcenter.com**



CLASSES & CROPS

ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
<u>Singing</u>				
June 10, 17, 24, and July 1, 8, 15	Tuesday	10–11 am	6	\$25
<u>Acrylic & Oil Painting</u>	Tuesday	10 am–noon		\$16
July 1, 8, 15, 22; Session 2—July 29, August 5, 19, 26				
<u>Drawing & Watercolor</u>	Tuesday	1–3 pm	6	\$21
July 1, 8, 15, 22, 29, August 5, 19				
<u>Mixed Media</u>	Tuesday	3–5:00 pm		\$16
July 1, 8, 15, 22, 29; July 29, August 5, 19, 26				
<u>Open Sewing Lab</u>	Wednesday	3:30–6:30 pm	5	\$15
Sign up any time for next class: October 1, 8, 15, 22, 29				
<u>Country Line Dancing</u>	Thursday	6–7:30 pm	4	\$10
July 3, 10, 17, 24, 31, August 7, 14, 28				
<u>Beg. Country Line Dance</u>	Thursday	9–10:30 am	3	\$7.50
July 10, 17, 24 August 7, 14, 28				

NOTE! This has been moved from Saturday mornings to Thursday mornings for the summer.

CARD MAKING CLASS with Jana Secord 2nd Tuesday of each month

Next class: Tuesday, July 8

New Items Card Buffet

3 sessions to choose from:

3:15–4:45 p.m., 5:15–6:45 p.m. or 7–8:30 p.m.

Make three beautiful cards for \$6—or cards and class are FREE if you place a minimum \$15 product order towards making your own cards! Please bring adhesive and scissors to class. To register, contact Jana at 920-979-5262 or stampinjana@charter.net by Monday, July 7th.

SCRAPBOOK CROPS

Scrapbooking Crops will be held at the Senior Center on **Saturday, July 26**, with Kim Stern and on **Saturday, August 23**, with Colette Jaeger. Crops are open to all ages and are an all-day event. If you are new to scrapbooking, this would be the way to get started! Make new friends and get those photos in keepsake books.

Call Kim Stern at 517-1108 or Colette Jaeger at



OTHER NEWS

FOND DU LAC FIRE DEPARTMENT STRATEGIC PLANNING COMMITTEE VOLUNTEERS NEEDED

In cooperation with the Center for Public Safety Excellence, the Fond du Lac Fire Department will participate in an accreditation process related to the provision of fire protection services in the Fond du Lac community. The Department is seeking four or five seniors (legal city residents) to serve as representatives to the Strategic Planning Committee, for a project that will take from 18 to 24 months. It is anticipated that meetings will begin in August / September of 2014. If you are interested in volunteering as a representative to assist the Fire Department in this way please contact Assistant Fire Chief Steve Beer at 322-3837.

ARTIST OF THE MONTH

July: Marilyn Brachmann



An “Artist of the Month” is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!

SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.

July 1 Blanck's Lake Aire Supper Club

July 8 Paddy's Pizza

July 15 Applebee's

July 22 Gino's

July 29 Benvenuto's



OPEN TO
ANYONE

**GREAT OPPORTUNITY TO
SOCIALIZE & MEET NEW FRIENDS!**

More info: call Max at 920-269-4180 or Mary Jo at 960-2532.

This group is separate from the Senior Center Supper Club (see page 13) but both are fun groups to join. Dine out and make some new friends!



Stay informed and Win!

Our new information center will feature upcoming events and other information of importance to you. Watch for it around the Senior Center.

Look for the board to learn how you can win!

RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies—any age. Pick up a "What's Buzzin'" newsletter at the front desk to see details about chapter activities.

SEEKING NEW QUEEN to reign July– December

If you would like to be our next Queen, please give Dottie a call at 322-3630.

CHRISTMAS IN JULY

Monday—July 14 11:15 a.m. Tour of KFIZ

With lunch to follow at Pizzaville at about 12:30

Bring a Christmas gift with \$5 value. Lunch is Dutch treat.

Hostesses: Judy Warner, Susie Alvarez & Carol Lange

MEXICAN CHRISTMAS IN JULY

Tuesday—July 22 11:30 a.m.

Casa Del Tequila (northeast corner of Peters & Scott)

Wear a sombrero, straw hat, or flower in your hair, & colorful attire.

Hostesses: Vickie Michels & Helen Aschenbrenner

50th JUBILEE FOR SR. ANGIE

Thursday—August 7

Mass (optional) 11:30 a.m. with lunch to follow

See Red Hat Honeys newsletter for details and in the 3-ring binder. Let's celebrate with Sister Angie!

Hostesses: Nancy Smet, Sr. Mary Rose Mies, Sue Tedford, Audrey Mathieu, Donna Charneski

18



THIS 'n THAT

Craft & Gift Shoppe

OPEN TO THE PUBLIC

Monday—Friday 9 a.m.—4 p.m.

Or by appointment evenings & weekends!

Red, White and Blue and handmade for you!

JoAnne displays some of the many beautiful patriotic items for sale in the This 'n That Craft & Gift Shoppe.

Stop in and visit with our friendly volunteers and pick up something to show your American pride!



2014 FRIENDS MEMBERSHIP APPLICATION

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

NAME(s) (both, if couple)	
ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac <input type="checkbox"/> Other:

CHOICE OF SUPPORT:

- ☐ **\$10.00 Single**
- ☐ **\$15.00 Couple** (Husband and Wife)

THANK YOU FOR BEING A FRIEND!

We need **128** more members to break our 2013 record of 2,616 Friends members!

- ☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2014 is optional but *very much appreciated!*
- ☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2014 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.
- ☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2014 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

☐ NEW 2014 Member ☐ Renewal

Receptionist Initials _____

☐ FANATASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100 ☐ UTILITY DONATION: \$_____

☐ Received Among Friends Newsletter ☐ Received Happy Travelers Info ☐ Red Hat Dues also paid



Fond du Lac Senior Center

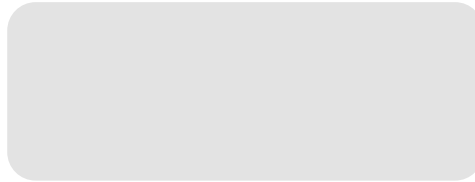
151 E. First Street
Fond du Lac, WI 54935

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FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Dottie Winkelmann 322-3630
dwinkelmann@fdl.wi.gov

TRAVEL COORDINATOR

Mary Schneider 322-3635

CO-WELLNESS COORDINATORS

Jean Holzman 322-3636
Sarah Olson 322-3636

CRAFT SHOPPE COORDINATOR

Pat Lefebvre 322-3638

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Cecilia Lynch 322-3639

PROGRAM COORDINATOR

Cathy Halfmann 322-3633

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

CENTER CARETAKER

Bob Rose 322-3630

COUNSELOR

Catherine Jones 924-5222

FRIENDS BOARD OF DIRECTORS

Kate Barr
Joanne Bunkelman
Susanne Dennis
Jerry Gordon
Mary Kind
Vickie Michels
Charlotte Nelson
Irv Pea
Ruth Smith

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



SENIOR CITIZEN ADVISORY COMMITTEE

Kathryn Curran
Ruth Dauterman
Barbara Lukas, Chair
Councilman Gary Miller
Charlotte Nelson
Ross Purcell
Dave Redman
Jaime Roth
John Silah

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY